

**Free face-to-face support, every Tuesday. No need to book, just come along.**

**Stretford Community Hub Support**  
**10am - 12pm**

Stretford Public Hall is one of the six community hubs across Trafford, providing advice and guidance to the local community with food banks, emergency top-ups, support with fuel bills, other food support, and financial assistance.

**Citizens Advice**  
**9.30am - 3pm**

Confidential and independent advice on legal, debt, consumer, housing and other problems, with advisors from Trafford Citizens Advice.

**Housing Options (HOST), Trafford Council**  
**9:30am - 3pm**

HOST officer deals with enquiries such as looking to prevent homelessness and making decisions around homelessness. They also provide information on Trafford Homechoice and offer housing advice by providing a range of options available or signposting to relevant agencies to meet the customers need.

**L&Q Employment and skills support**  
**9:30-1pm**

Housing provider L&Q on hand to support their residents in Trafford with employment and skills.

**Financial Inclusion Service**  
**(book only)**  
**9:30-12:30pm**

Financial Inclusion service where foodbank clients have the opportunity to meet with a CA advisor who can help maximise income by looking at issues they may have with the benefits system or debt.

**Digital support to get online**  
**9:30am - 11:30am**

Friendly drop-in session run by Stretford Public Hall, to help you get online and safely. Use your own mobile or other device - or borrow one from us!

**Debt Advice**  
**10am - 1pm**

Pop along for a face-to-face debt assessment plus additional information and guidance from the debt team.

**Working Well: Support to Succeed**  
**10:30am - 3pm (every other week)**

Our friendly advisors can help you with a range of support including; wellbeing and confidence building, managing finances and budgeting, job searching and career planning, one-to-one coaching and sign-posting to specialist services.

**Free**  
No need to book!

**Trafford Carers**  
**10am - 12pm**

Advice & information from the team at Trafford Carers Centre about support and help available to unpaid carers who are caring for someone living in Trafford.

**Achieve**  
**10am-12pm**

Achieve who support individuals with substance misuse will be in the Weekly Warmer free café available to chat.

**Working Wardrobe (book only)**  
**10:30am-3pm**

They provide a personal styling service which gives people the outfit and confidence they need to get the job that they deserve, removes that barrier.

**Volunteer Advice Drop-In**  
**1pm - 3pm**

Our Volunteer Coordinator Kaf is available to talk to about volunteering at the Hall and across Stretford. She can help you find the right volunteering role for you, whatever your reason for volunteering.

**Budgeting Support Officer, Trafford Council**  
**1pm - 3pm**

Provides support and advice on budgeting, managing rising expenses, accessing available support (eg gas and electricity, cost of food) and increasing rent.

## Monthly sessions

**1st Tuesday of the month**  
**Age UK Trafford, 10am - 12pm**  
**(book only)**

Confidential advice for anyone worried about memory loss, for themselves, or family & friends. Contact Age UK 0161 746 9754 |  
urmstonhub@ageuktrafford.org.uk

**Energy Works, 9:30am - 12:30pm**

Energy saving advice and support with billing and supplier issues. Energy Works can provide free measures to make your home warmer and help to reduce your energy costs.

**Community Care Navigators, 11am - 3pm**

Are you worried about being isolated or lonely? Worried about a hospital admission? Care Navigators help you to access support for your health and wellbeing.

**2nd Tuesday of the month**  
**Family Information Service, 10-1pm**

Free, impartial, confidential information & advice to mums, dads, carers, young people and professionals on a range of subjects including, childcare, SEND local offer & support with childcare costs.

**United Utilities, 9.30am-12.30pm**

Helping residents with their water bill inquiries. United Utilities also manages waste water in area.

## Monthly sessions

**3rd Tuesday of the month**  
**African Caribbean Care Group**  
**10am - 12pm**

ACCG supports people with long term health conditions, physical disabilities, and mental health to access culturally appropriate health care and activities that alleviate the impact of isolation and loneliness.

**4th Tuesday of the month**  
**Advice on ESOL courses, 10am - 12pm**

Signposting and information on English courses in the area for speakers of other languages.

**Read Easy**  
**10-12pm**

They offer free, one-to-one coaching to adults who want to learn to read via our trained volunteer Reading Coaches.

**Visit our website for further details**  
**stretfordpublichall.org.uk or**  
**call 0161 989 1689**

# Stretford Advice Hub

**Face-to-face  
support**  
**Every Tuesday**

**Stretford Public Hall**  
**Chester Road**  
**M32 0LG**

Hall opening hours:  
Mon - Fri, 9.30am - 4.30pm

